

Building Strong Girls



brain



heart



social



body



spirit



Girls on the Run of NOVA Girls on the Run

- Youth development program for **girls grades 3-5**
- Teams of **8-20 girls**
- **10-week curriculum** teaches girls to be strong, healthy and confident
- **Discuss topics** like positive thinking, standing up to peer pressure, positive body image, and healthy relationships
- **Celebratory 5K run** to end the season. Open to friends and family!

How to Register

Register online via our homepage
www.gotrnova.org

August 22
through
September 19

Fall 2016 Season
September 26 - December 9

Program Fees & Financial Assistance

Program fee: \$175

Coaches' Daughters: \$110

Military Discount: \$150

Sibling Discount: \$150 for second child

Fees for Qualifying Families with Financial Need: \$22 or \$75

Season Details

Practice Location OBE (Music Room) (site)

On: Tuesdays & Thursdays (days)

From: 3:30 to 4:30 (time)

Your Head Coach is: Cindy Woll